



# A COMPARATIVE ANALYSIS OF MARITAL ADJUSTMENTS AMONG WORKING AND NON-WORKING, RURAL AND URBAN WOMEN.

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## ABSTRACT

Marriage in society is existing right from the beginning of human life on earth in one form or the other. Marriage is a socially accepted union of individuals in the role of husband and wife with the key function of legitimating of parenthood (Ira L. Reiss, 1963). Marital adjustment implies various processes and adjustments in the relations of the marriage partners processes of accommodating to daily situations of balancing each individual's needs and interests, role expectations and viewpoints, and adapting to changing conditions of marriage and family living. The working women are seem to be more prone to struggle for marital adjustment due to the dual responsibility of home and work (K. Shreelakshmi, 2021). The aim of the present study was to find out the marital adjustment among working, non working rural and urban women. With the rise in the number of double income families marital relationship and adjustment are the utmost challenges in most of the households. A sample of 60 women was selected randomly to analyse the perplexity of marital adjustments. Their age range was between 30-40 years. Equal ratio of urban and rural, working and non-working females were part of the research. For this study, Marital Attitude Scale (MAS) by Pramod Kumar and Rohtagi Kanchan (1999) was used to assess the marital adjustment of urban, rural, working and non-working women. Appropriate statistical analysis was done to quantify the results. The results indicate the working women conspicuously differ on Marital adjustment score as compared to non-working women. Non working women from both rural and urban area have shown better marital adjustment compared to working women from both areas. The promotion of good communication in marriage is a major solution to many cases of marital discord in our society. Through good communication styles couples can try to resolve their conflicts thus promoting marital unity.

**KEYWORDS:** Marital Adjustment, Working and Non-working, Rural and Urban, Parenthood, Communication, Relationship.

## INTRODUCTION

Marriage is one of the social institutions that is universal and found in some form or the other in every society. It is the institution that admits individuals into family life. In fact, it is the basis of family. Marriage encompasses two major aspects in each society and each time. Firstly it has assented relationship of two opposite sexes and secondly a socially approved institution where these two sexes have legal approval to have a sexual relationship and produce children. The procurement and socialisation of children are closely associated with this institution.

According to Stephens (1971), marriage is a socially legitimate sexual union, begin with a public announcement and undertaken with some idea of permanence; it is assumed with a more or less explicit marriage contract, which spells out the reciprocal rights and obligations between the spouses and future children. Landis (1975) defines marriage as, a social institution constitutes the fundamental and basic community of humanity. 2 individuals differing in sex are mutually attracted by a mysterious force of instinct and love and commit freely and totally to each other to form a creative dynamic unit; a micro- community called family. These definitions bring out a few basic components that constitute a marriage, namely, social integration of persons, commitment and public acknowledgement, the assumption of performance, procreation, reciprocal rights and obligations. Marriage is, therefore, more than physical attraction, biological union and social integration; it involves commitment, total self-donation of one another and taking responsibilities that lead to mutual well-being.

Marriage is a complex phenomenon in today's changing society. People marry for various reasons. Besides sex and sexual attraction which are primary considerations, love, financial security, companionship, protection, emotional security, escape from loneliness and unhappy home situation the adventure of common interests, and children are the few other reasons that may constitute a persons disposition for marriage.

In the contemporary era, changes in the values and social consciousness influence the traditional understanding of marriage and family. Today all over the world, there is a modern trend that considers marriage and family life as a non essential element in fulfilment and maintenance of human life. Single parenting, test tube babies and other scientific inventions to the brim of cloning are part of human life and evolution that moves the society towards a new understanding of family ethics. Carl Rogers (1972) seize the present date changes in marriage as a positive trend towards greater freedom of the spouse's. Because, the emotional, psychological, intellectual and the physical needs the partners are given higher priority over mere permanence as understood by traditional marriages. The purpose of marriage and family in the preservation of species as understood traditionally is debated by some sociologists today.

**Marital Adjustment:-** Marital adjustment can be defined as the mental state among couples in which there is an overall feeling of happiness and satisfaction

with their marriage. It, therefore calls for experiencing a satisfactory relationship between spouses characterised by mutual concern care, understanding, and acceptance. All the marriages are aimed at happiness in one or another way. Most couples become married filled up with expectations. Some of the expectations will be realistic while others are unrealistic. This is due to the complex nature of marriage and each individual is as complex as universe.

Marital adjustment is a life long process, although in the early days of marriage one has to give serious considerations. Understanding the individual traits of the spouse is an ongoing process in marriage because even if 2 people know each other before or at the time of marriage there is a possibility that people changed during the life cycle. Marital adjustment, therefore calls for a maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realised fully, a death in marital relationship is inevitable. Bob Garon, an American-Filipino psychologist explains that the death of relationship between couples is not an instantaneous rather a slow process. A study among married couples shows that 25% of them at some time in the adjustment process discussed divorcing and 18% had seriously considered it (Janetius, S.T., 2019).

## METHODOLOGY

### Objectives:-

The present research aimed to study the differences between marital adjustment among working and non working, urban and rural women.

### Sample:-

In an attempt to understand the marital adjustment issues among working, non-working, urban and rural women, a Marital Attitude Scale was administered on 60 women. Half of these women are full time working from both urban and rural areas and half are non-working from the urban and rural areas respectively.

### Inclusion criteria for the users:-

- Participants age range between 30 to 40 years.
- Full time worker.
- Residents of urban and rural areas of Yamunanagar district.
- Married and have children.
- Full time homemaker.
- Minimum educational qualification:- Graduation.

### Exclusion criteria :-

- Those who are self-employed and part time workers.
- Have no children.

### Tools:-

A Marital Attitude Scale developed by Pramod Kumar (1999) was used to understand the differences in marital adjustment among working, non-working, urban

and rural women. The Marital Attitude Scale (MAS) has a total of 25 'yes-no' type items which are divided into sexual, social and emotional areas. As per this scale, the higher the score, the better is the adjustment like the sexual area includes question numbers 9,20,23,25, social area includes question numbers 3,4,5,6,12,14,15,18,19, and emotional area includes question numbers 1,2,7,8,10,11,13,16,17,21,22,24.

#### Inform consent:-

The researcher explained study to all the subjects and informant consent was obtained prior to completion of the questionnaire.

#### Statistical:-

The data collected was analysed and the findings were depicted in the form of percentages and proportions. In this specific study a 't' test was conducted as a statistical technique.

#### Operational Definition:-

- Marital Adjustment:- When husband and wife is satisfied with their marriage and they understand each other very well. Marital adjustment is maturity to understand growth and development in partner.
- Working women:- Women are working full time. Women who have children.
- Non-working women:- Women who does not go for work. Women who have children.

#### RESULT AND DISCUSSION:-

This specific table shows the Mean, SD and 't' value of marital adjustment among working and non-working, urban and rural women.

| Variables         | N                        | Mean  | S.D  | T    | Sig. |
|-------------------|--------------------------|-------|------|------|------|
| Working women     | 30 (15 urban+15 rural)   | 21.42 | 6.78 | 3.40 | 0.01 |
| Non working women | 30 (15 urban + 15 rural) | 20.19 | 4.80 | 3.40 | 0.01 |

**Significance:- 0.01=2.26, 0.05=2.00**

This study reveals that working women from both rural and urban areas got a higher mean score of 21.42 than non-working women who received a mean score of 20.19. The standard deviation result of working women is 6.78 and non-working women is 4.80. The study stipulate that married women who are working as full time has to face many difficulties with adjustment to their marriage and family as compared to non-working women. They have dual responsibilities - one of home and another of their workplace. They are continuously striving to make a balance between their home and job. They try to do justice with both and at times suffer from guilt feeling if they fail to come up to the expectations.

#### CONCLUSION AND SUGGESTIONS:-

In a nutshell, there are noteworthy differences in the family and marital adjustments among working and non-working women from both rural and urban sectors. This is due to the working women have double responsibility of work and home. Whereas non-working women have responsibility of family and kids only and due to ample of time they can focus more on improving their relationships. Time management and frequent communication can be proven helpful for working women to stabilise their relationships.

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